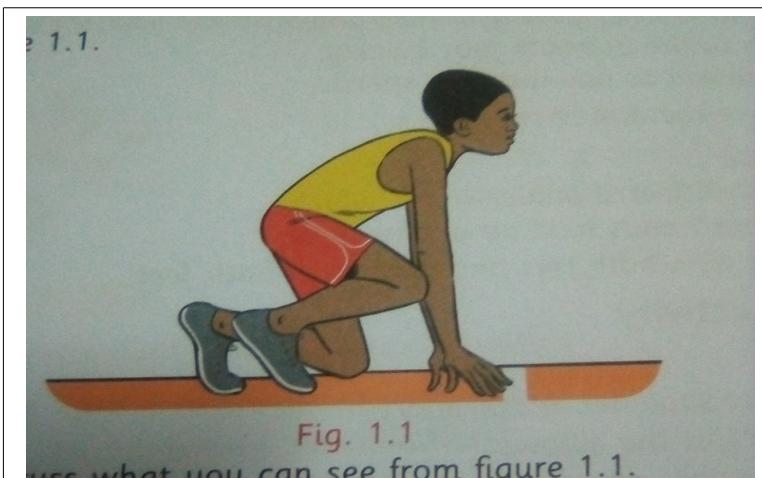


GRAD 6 TERM 1 2022 **PHE LESSON NOTES**

ATHLETICS: TRACK EVENTS

Bunch Start

- Also known as the bullet start.
- In this start the knee of the rear leg is opposite the toe of the leading leg.
- The hands are placed shoulder width apart behind the starting line.



Safety instructions

- Use your lane and stick to it
- Wear appropriate PHE attire during activity.
- Follow teacher's instructions
- Warm up adequately before participating in an activity

Warm up activities

1. Running on the spot

- Learning points for running on the spot
- Lift your right arm and left foot at the same time
- Raise your knee
- At the same time, move your right arm and your left arm forward and up
- Switch to the opposite foot quickly
- Start slowly as you increase speed
- Continue the these movements

2. Rabbit hops

- Stand with feet shoulder width apart
- Keep your hands held at the chest
- Take off with both feet and land with both feet.

Cool down activities

- 1. Slow march**
- Stand feet shoulder width apart
- Arms bent at the elbows

- Bring your right elbow forward at the same time as you bring your left knee up.
- Repeat on the opposite side and keep alternating sides until there is rhythm.
- Perform the activity very slowly.

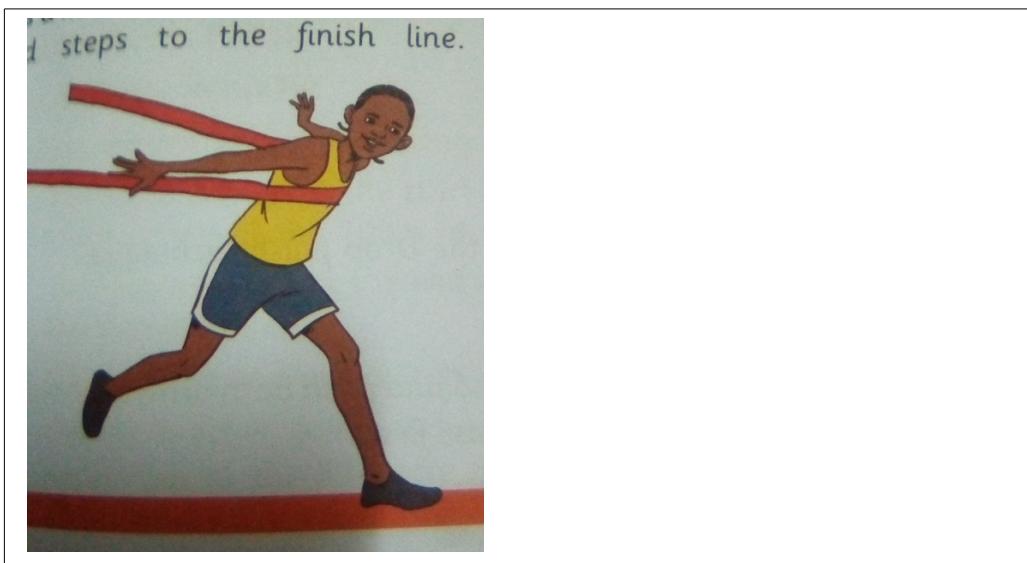
Learning points for the bunch start

On your command, On your marks, Go to the starting line on crouch position.

- Place the legs such that the toes of the rear foot are approximately in line with the heel of the front foot.
- Place both feet behind the starting line
- Place the arms straight shoulders width apart with fingers spread behind the line and thumb turned away.
- Keep the head in line with the body, eyes focused ahead down on the lane.
- On the set command, go in ready position with the whole body and raise the hips just above the shoulders.
- On the command go, press hard against the ground for a forward push as you accelerate down the lane.

Drop finish technique

- It is a method of finishing.
- The athlete bends, pushes both arms backwards and steps to the finishing line.
- They touch the tape with chest
 - a. Approach the finishing line at full speed.
 - b. Focus ahead.
 - c. On finishing a step to the finishing line, bend and push both arms backwards and touch the finishing line with your chest first.



Safety instructions

- Ensure proper spacing during drills and practise
- Wear appropriate PHE attire during activity.
- Follow teacher's instructions during practise
- Warm up adequately before participating in an activity

Warm up activities

1. Plucking partners tail

- Each person tucks a tail into the back of their short or trousers
- Run after a partner and try to pluck their tail while keeping yours safe.
- Play a game for one minute and change partners.

2. Squat jumps

- Start in squat position with your arms by your side
- Swing your arms towards the sky and jump.
- Land gently on the balls of the feet into a squat position and repeat the activity
- Perform the activity for one minute

3. Lateral rabbit jumps

- Make small jumps side by side like you are jumping over something.
- Keep your legs as close as possible
- Swing your arms to help you jump.

Cool down activities

1. Curling and stretching

- Lie on the right side of the body.
- Fold your leg and pull them towards the chest.
- Slowly stretch your hands and feet.
- Repeat the activity 3 times.

2. Slow dance

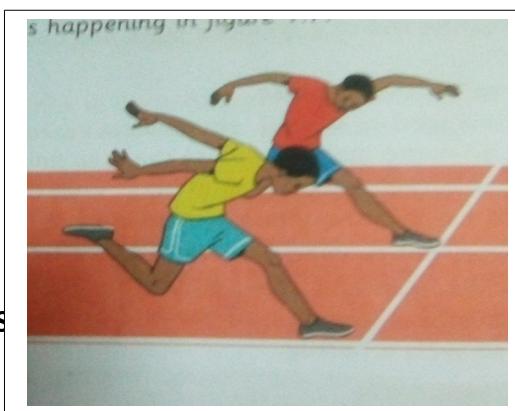
- Stand freely.
- Dance in a slow motion for 30 seconds
- Rest for 5 seconds and repeat

Learning points to perform the drop finish technique

- Approach the finishing line at full speed.
- Focus ahead.
- On reaching a step to the finishing line, bend and push both arms backwards and touch the finishing line with your chest first.

Shoulder shrug technique

- It is a method of finishing a race.
- The athlete in his last stride bends one shoulder so that his chest is turned sideways as it touches the tape or crosses the finish line.



Skills and practise

- Wear appropriate PHE attire during activity.
- Follow teacher's instructions during practise
- Warm up adequately before participating in an activity

Warm up activities

1. High knees

- Jog in place, bringing your knees high up as you can

2. Arm rotation

- Stretch out both arms to the shoulder level. Rotate them in forward and backward.

3. Cross jacks

- Stand with the feet shoulder width apart.
- Extend out the arms straight on either sides with palms facing down.
- Jump and cross the right arm over the left arm and foot over left.
- Jump with the legs to the sides and open your arms, then cross with the opposite arm and foot.

Cool down activities

1. Copy me

- Take turns to demonstrate your favourite stretch
- The others to copy the demonstration. Do it slowly.

2. Slow skip

- Skip for a distance of 2 metres
- Reduce the skipping distance and skipping speed slowly until you are in one place. Start marching slowly at the point and then stop

Learning points to perform the shoulder shrug technique

- Approach the finishing line at full speed.
- Focus ahead
- On your last stride to the finishing line, bend one shoulder so that the chest is turned sideways as it touches the tape or as it crosses the finishing line.

Non visual baton exchange down sweep method in relays

The Non visual baton exchange method

- This is where the outgoing runner receives the baton without seeing it being placed onto the hand.
- The hand that receives that baton carries it without bringing it to other hand.

Learning point for the non visual baton exchange method

The incoming runner

- Run at a speed within your lane
- Reach the runner who is receiving the baton at full speed.
- Extend the hand carrying the baton and pass it onto the hand of the receiver in a downward movement

The outgoing runner

- Extend the receiving hand behind, at the hip level, while focusing head and accelerating down the lane.
- The palm faces up and a wide angle is formed between the thumb and the rest of the fingers.
- After the baton is placed on the receiving hand, hold it tight.



Safety instructions

- Ensure proper spacing during drills and practise
- Wear appropriate PHE attire during activity.
- Follow teacher's instructions during practise
- Do not throw the baton to one another.
- Warm up adequately before participating in an activity

Warm up activities

1. Pluck partners tail

- In pairs take turns to run after each other attempting to pluck a tail tied at the back.

2. Walking knee hugs

- Make steps and raise the knee up holding it with both arms and pulling towards your chest.

3. Cycling in the air

- Lie on your back. Raise your legs and move them as if riding a bicycle

Cool down activities

1. toe touch

- Reach up and touch down the sky for 20 seconds. Change and reach down to touch the toes for 20 seconds.
- 2. climb the stair case**
- Pretend to be climbing a stair case. Stretch your knees and arms.

FIELD EVENTS

- Are categorised into
 - a. Jumps – high jump, pole vault, long jump and triple jump
 - b. Throws – discuss, javelin, short put, and hammer.

High jump

- It is a field event in which competitors must jump unaided over a horizontal bar placed at measured heights without dislodging it.
- 2 main consideration is lift and clearance

Facility and equipment in high jump

Safety instructions

- Ensure proper spacing during drills and practise
- Wear appropriate PHE attire during activity.
- Follow teacher's instructions during practise
- Ensure the runway is free from obstacles
- Use a flat ground
- Jump one learner at a time.
- Perform warm up adequately before participating in an activity

Warm up activities

1. Jumping jacks

- Stand with your legs shoulder width knees slightly bent and hands on the sides
- Jump and open the arms and legs out to the sides. Arms come above the head and legs wider than shoulder width.
- Close your arms and legs back to your sides, returning to the start.
- Repeat several times.

2. Skip and skip

- Move while stepping from one foot to the other with a hop
- Raise your arm opposite the moving foot alternatively.

3. Press ups

- Place hands on the ground face down
- Extend your legs back and balance on your hands and toes.
- Keep the body straight
- Bend your elbows and lower yourself until your elbows are at an angle of 90 degrees.
- Push backup through your hands to the start position.

Cool down activities

- Place hands on the ground face down
- Extend your legs back and balance on your hands and toes
- Keep the body straight
- Bend over your elbows and lower yourself until your elbows are at an angle of 90 degrees
- Push backup through your hands to the start position.

Wind break

- Pretend to be in a windstorm, with wind blowing arms as branches..
- Start while the wind is strong and finish as the wind calms.

Facility and equipment in high jump

- **Facility** used in high jump is a space where a runway is marked.
- There is a landing area where suitable material for landing is placed.
- For example, sawdust, landing mattress
- **Equipment** include crossbar, uprights, tape measure

Rules followed in high jump as you practise

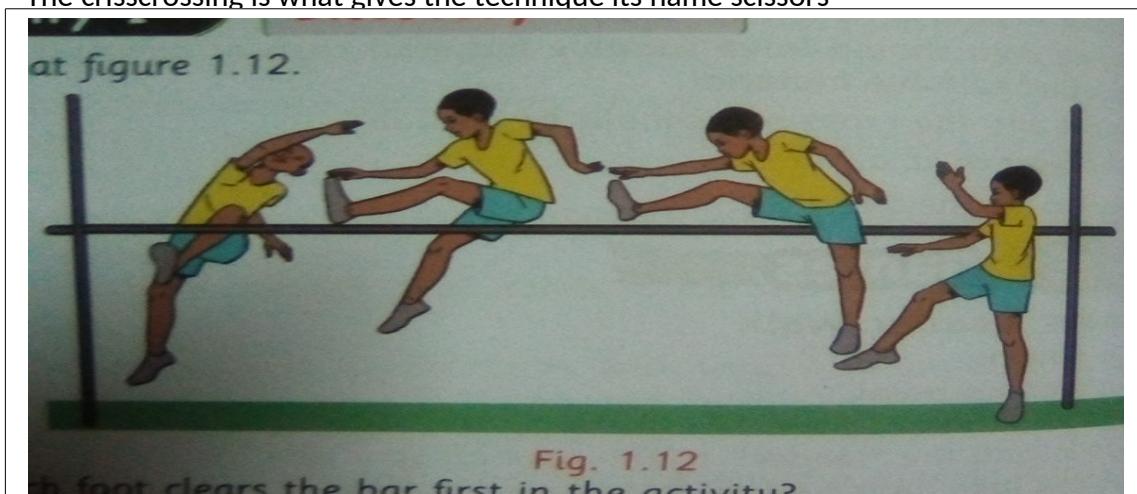
- Do not touch the ground beyond the plane of the upright and the landing area before the cross bar.
- Take off should be on one foot
- Do not dislodge the bar to master the take off points.

Styles of high jump

1. The scissors
2. Straddle
3. Fosbury flop
4. Western roll

Scissor technique in high jump

- This is a method of clearing the bar in high jump.
- It involves the legs making a crossing action over the crossbar during flight.
- The crisscrossing is what gives the technique its name scissors



Safety instructions

- Ensure proper spacing during drills and practise
- Wear appropriate PHE attire during activity.

- Follow teacher's instructions during practise
- Ensure the runway is free from obstacles
- Use a flat ground
- Jump one learner at a time.
- Perform warm up adequately before participating in an activity

Warm up activities

1. Jumping jacks

- Stand with your legs shoulder width knees slightly bent and hands on the sides
- Jump and open the arms and legs out to the sides. Arms come above the head and legs wider than shoulder width.
- Close your arms and legs back to your sides, returning to the start.
- Repeat several times

2. Side shuffles

- Stand with your feet hip distance apart.
- Bend forward at the hips, knees bent, looking forward and chest lifted.
- Hold your hands in loose fists in front of your chest.
- Move right using small quick shuffle steps for 15 minutes
- Repeat movement to the left side. Continue shuffling right and left.

3. Lunges

- Start by standing up tall.
- Step forward with one foot until your leg reaches a 90 degree angle
- Lift your front lunging leg to return to the starting position.
- Repeat 5 times on one leg then change to the other.

Cool down activities

1. Stretch and spell

- Use body stretch to spell the word scissor one letter at a time
- Wait for 3 seconds before spelling a different letter.

Learning points on the scissor technique

- **The approach** – approach the bar at a comfortable speed.
- **The take off** - hold your shoulders high and flex the takeoff leg to launch you into the air
- **The flight** – hold the leg nearer the bar straight and swing it into the air to clear the bar
 - Once your lead leg is over the bar, kick the other foot to clear the bar.
- **Landing**- land on your feet to complete the jump

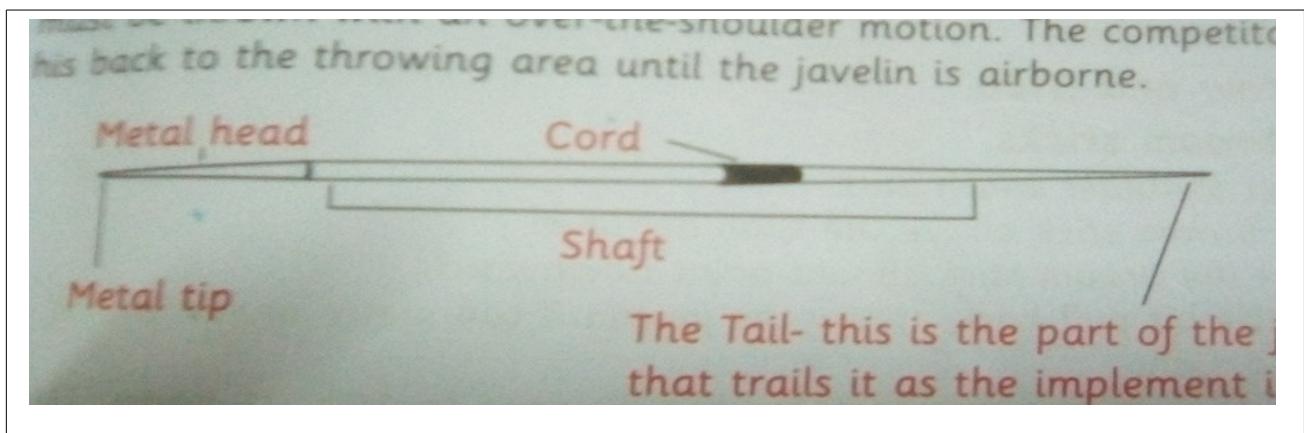
Safety measures to observe when participating in high jump

- Perform warm up activities before participation
- Attempt jumps, one learner at a time.
- Use the run way when it is clear
- Ensure the material used on the landing area is in place before attempting a jump.
- When the bar is dislodged, pick and place it on the upright before an attempt is made.

EQUIPMENT AND SECTOR IN STANDING JAVELIN

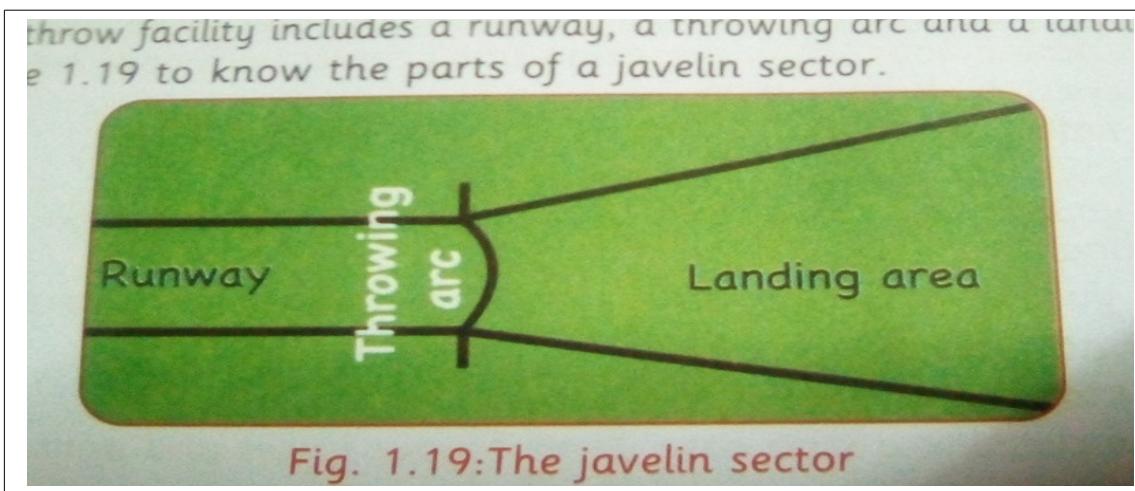
Standing javelin

- Javelin throw is a field event where the javelin, a spear about 2.5m length is thrown.
 - A javelin is a spear shape implement.
 - The javelin has several parts
 - a. Metal head – it is the part that has metal tip
 - b. Metal tip – it is made of metal and determines the outcome of the exact measurement once the javelin has landed
 - c. Chord grip – this covers a section of the shaft and it is the part that is held by the thrower.
 - d. The tail – this is the part of the javelin that trails it as the implement is thrown.
 - e. The shaft – it makes the largest part of javelin. The chord grip is within the shaft.



Javelin sector

- The javelin throw facility includes a runway, a throwing arc and a landing sector.



Safe, instructions

- Ensure proper spacing during drills and practise
 - Wear appropriate PHE attire during activity.
 - Follow teacher's instructions during practise

- Do not stand in the way of javelin or where it is landing
- Carry the implements back after a throw.
- Perform warm up adequately before participating in an activity

Warm up activities

1. Jumping jacks

- Stand with your legs shoulder width knees slightly bent and hands on the sides
- Jump and open the arms and legs out to the sides. Arms come above the head and legs wider than shoulder width.
- Close your arms and legs back to your sides, returning to the start.
- Repeat several times

2. Ankle circles

- Stand with feet hip width apart and your arms to the sides.
- Shift your weight to the right leg and point your toes down into the ground.
- Start rotating your left foot making small circles with your ankles. Repeat the exercise with your right foot

3. Shoulder rotation

- Stand tall with your arms by your sides
- Swing your arms forward until they are high as you can go, do not raise your shoulders.
- Return your arms to the starting positions and repeat the action

Cool down activity

1. Climb the stair case

- Pretend to be climbing a stair case. Stretch your knees and arms

The throw in standing javelin

- Proper technique requires the athlete to hold the javelin with only one hand on the cord grip.
- The javelin must be thrown with an over the shoulder motion.
- The competitor can't turn his back to the throwing area until the javelin is airborne

Skills in standing javelin

1. The stance
2. Grip
3. Release
4. Recovery technique

If using the real implement

- Always carry the javelin vertically with the point down
- Be aware that the tail is as potentially dangerous as the tip.
- Never run to collect a javelin
- Take care when removing the javelin from the ground. Check that the area around is clear before doing so.
- When the javelins are not in use, they should be firmly stuck into the ground in a vertical position.

Warm up activities

1. Body weight squats

- Stand with your hands on the back of your head and your feet shoulder width apart.
- Turn your feet out slightly to open the hip joint. Lower your body until your thighs are parallel to the floor
- Pause, then return to the starting position.

2. Arm swings

- Hold your arms straight out to the side
- Swing them and cross them in front of your chest

3. Hip circles

- Stand tall with your feet at hip width
- Keeping your hands in front of your stomach, pull your right knee up until it is parallel with the floor, then pull the knee out, opening up the hip.
- Return to the start position and repeat on the other side

Cool down activity

1. Heel and toe

- Walk in circles on heels for 20 seconds
- Walk in circles on tip toes for 20 seconds

Phases in the standing javelin

(The learning points)

1. The stance

- Stand with Feet flexed, the foot opposite the throwing hand slightly forward.
- Toes of the feet to point direction of the throw.

2. The grip

- Grip the javelin such that it lies along the palm of the hand which is turned upwards.
- Hold it firmly in a relaxed way without applying tension in the forearm.
- Grip the javelin by bringing thumb and the first two joints of the index finger are behind the cord
- The index finger supports the shaft

3. The finish grip

- It is a method of gripping the javelin where the middle finger rest closer to the top of the cord and index finger wraps higher along the shaft.

4. Recovery

- Athlete will try to balance to avoid falling.

Measuring the distance

Measure the distance by

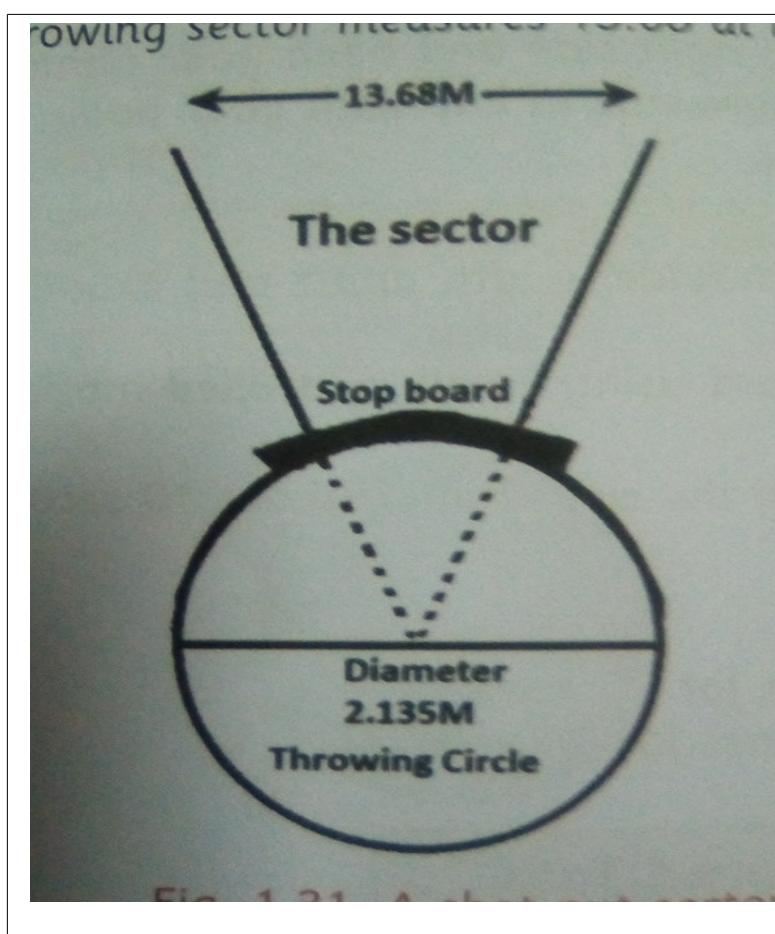
- Starting from where the tip of the javelin first strikes the ground
- The zero tape measure goes out to where the javelin tip strikes the ground

Shot put

- The shot put is a field event. The action of throwing the shot is called putting
- It involves putting of a weighted ball for distance.
- The athlete compete for distance thrown
- The implement is made of solid iron or bass
- The short is put with one hand. It is held next to the neck.
- It may not drop below or behind shoulder level at any time

The shot put sector

- A shot put sector features throwing circle, from which an athlete puts the shot and throwing sector which is triangle in shape.
- The circle has a diameter of 2.135 meters.
- The throwing sector measures 13.68 at its widest and 20 metres



Throwing style

1. Standing style
2. Obrien style

Standing shot put

Safety instructions

- Do not throw the shot until the teacher gives you permission to do so
- Do not retrieve the shot until the teacher gives you permission to do so
- Wear appropriate attire

Warm activities

1. Mountain climbers

- Put both hands and knees on the floor
- Place your right foot near your right hand and extend your left leg behind you
- In one smooth motion, switch your legs , keeping your arms in the same position

2. Side reach

- Stand with feet wider than shoulder width apart
- Lean your body to the right side and bend your righ knee slightly
- Stretch your left arm upwards in line with your body
- Repeat on the opposite

3. Arm circles

- Stand with your fet shoulder width apart and extend your arms parallel to your floor
- Circle your arms forward using small controlled motions, gradually make the circles bigger
- Reverse the direction of the circles after about 10 second
s

Cool down activity

1. Heel and toe

- Walk in circles on heels for 20 seconds
- Walk in circles tip toes for 20 seconds

Safety instructions

- Ensure proper spacing during drills and practise
- Wear appropriate PHE attire during activity.
- Follow teacher's instructions during practise
- Putt the shot towards one end
- Do not stand on the side where the shot is landing
- Carry the implement back
- Perform warm up adequately before participating in an activity

Warm activities

1. Back pedalling

- Run backwards with short, quick pumping your arms and landing on the balls of your feet
- Keep your chest up and take as many steps as possible

2. Plank walk out

- Start in a standing position
- Bend forward until you touch the ground with your hands
- Slowly walk your hands forward as far as you can
- Pause then walk your hands back towards your feet
- Repeat several times

3. Arm swings

- Hold your arms out to the side
- Swing them and cross them in front of your chest

Cool down activity

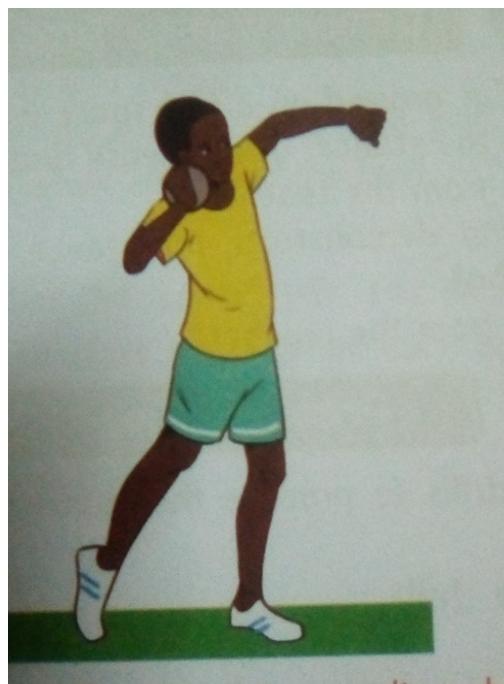
Slowly walk within the marked area

Learning points

a. Stance and grip

Stance

Stand with the feet shoulder width apart parallel to the target holding the shot



b. Grip

- Hold the shot with the base of the fingers
- Spread the fingers slightly apart and the thumb used for support
- The hand is bent back in a cocked position holding the shot
- The elbow is held up to the side, away from the body
- The thumbs should be pointing down the palms facing outwards and the fingers behind the shot(elbows up, thumbs down, palms out position)

- c. R
• S
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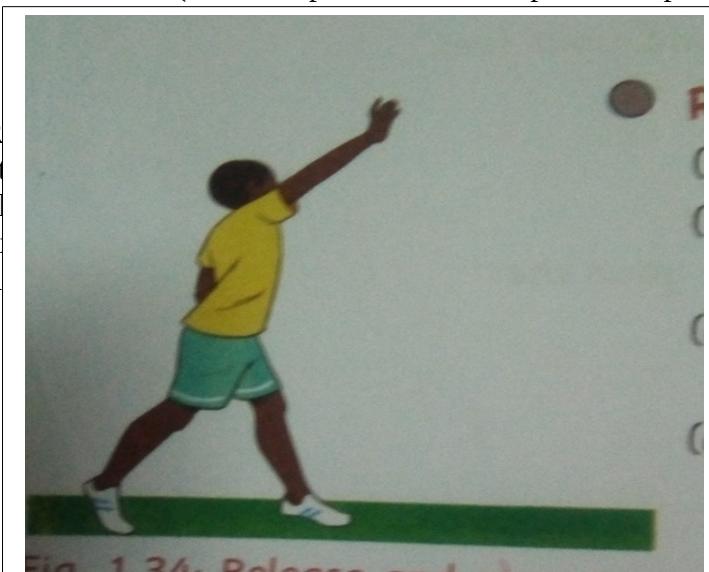


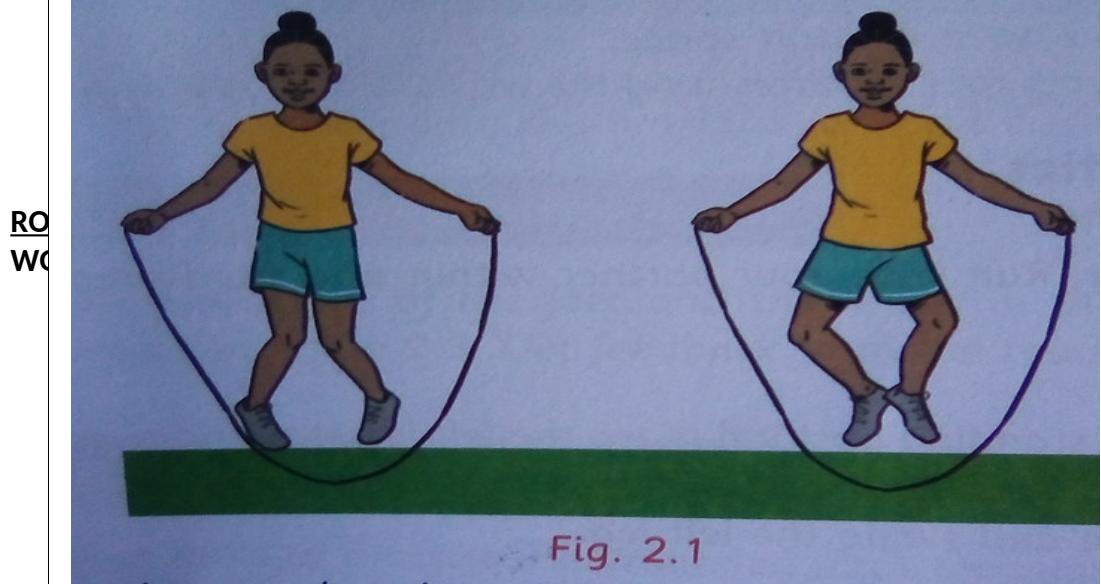
Fig. 1.34: Release and recovery

d. Recovery

Extend the wrist to flick the shot off the fingers as it leaves the hand for recovery

NB

IMPLEMENT	U13	U15	U17	Junior men	Senior men	U13	U15	U17	Junior women	Senior women
SHOT PUT	3kg	4kg	5kg	6kg	7.26kg	2.72kg	3kg	3kg	4kg	4kg
DISCUSS										
HAMMER										
JAVELIN	400g	600g	700g	800g	800g	400g	500g	500g	600g	600g



Safety instructions

- Wear comfortable shoes
- Use correct grip and rope size
- Skip the rope on a flat and smooth surface
- Keep a safe distance from other skippers
- Use the correct skipping technique and maintain the correct posture
- Warm up before and cool down after skipping
- Land with the balls of the feet
- Jump 3.5cm off the ground.
- Make sure you have enough space
- Generate the jump rope rotation using the wrists. Do not throw arms wide

Warm activities

1. Tagging a partner

- Look for a partner. Run with your partner within a marked areas you try to tag each other.

2. Leg swing

- Start from a standing position. Keep the left leg stationary on the ground.
- Slowly swing the right leg forward and backward while keeping it straight.
Then change and swing the left leg

3. Beckoning

- Stand with both feet comfortably apart.
- Stretch both arms forward
- Open and close the fingers continuously
- Then stretch the arms sideways and then upwards

Cool down activities

1. Light walking

- Walk slowly around the marked area.

2. Arm swing

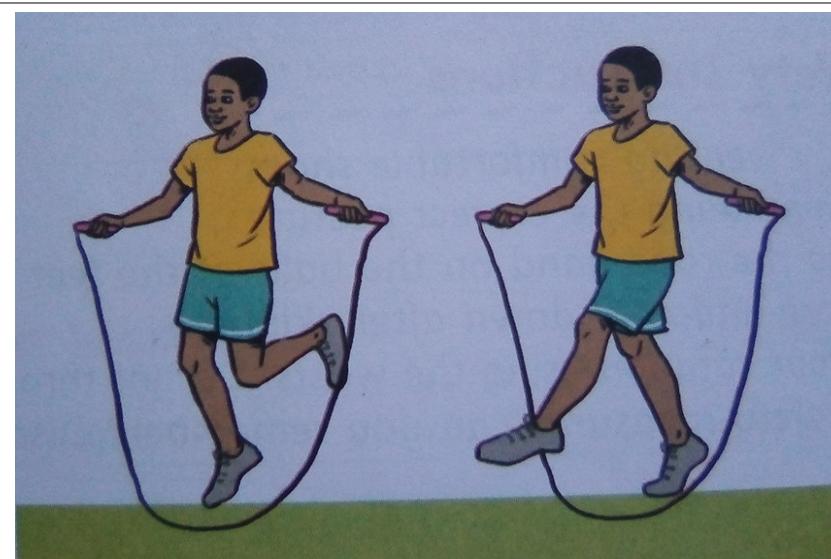
- Stand with feet comfortably apart.
- Bend the body forward and swing arms slowly to the left and to the right

Learning points to perform wounded duck technique

- Jump over the rope and land with your toes and knees inwards and your heels apart.
- Jump over the rope and land with your toes and knees outward and your heels touching.
- Alternate toes touching (toes in) and heels touching (toes out). Keep on alternating toes in toes out to create rhythm.

Swing kick

- Is a technique which involves swinging the foot backwards and then kicking it forward as you skip with a rope



Safety instructions

- Ensure you are wearing comfortable shoes
- Skip while maintaining the correct posture
- When skipping the rope, land on the balls of the feet.
- Warm up before and cool down after skipping
- Generate the rope rotation using the wrists. Do not throw your arms wide.

Warm activities

1. Tagging a partner

- Look for a partner. Run with your partner within a marked areas you try to tag each other

2. Leg swing

- Start from a standing position. Keep the left leg stationary on the ground.
- Slowly swing the right leg forward and backward while keeping it straight. Then change and swing the left leg.

3. Arm circles

- Put your arms out straight out to the side
- Start by making small circles with your arms, then slowly progress to larger circles.

Cool down activities

1. Light walking

Walk slowly and leisurely around the marked area

2. Arms and legs shake

- Gently shake your right arm, then your left arm
- Then shake both arms at the same time. Then shake your right leg and then left leg.

Learning points when performing the swing kick technique

- Jump over the rope, landing on your right foot and swing your left foot back.
- Jump over the rope, landing on your right foot again and kick your left foot forward.
- Jump over the rope, landing on your left foot and swing your right foot back
- Jump over the rope, landing on your left foot again, and kick your foot forward.
- Maintain the rhythm of back-kick-back-kick with the feet.

Partner work

- **Partner work** in rope skipping involves skipping the rope with partner.
- The partners face the same direction or different direction as they skip the rope together.
- One partner may hold the rope or both may hold as they skip
 - a. **Face to face technique**
Involves partners facing each other as they skip the rope
 - b. **Back to back technique**
Involves partners standing back to back as they skip the rope
 - c. **Side by side technique**
Involves partners standing side by side as they skip the rope

Warm activities

1. Partner tag

- In pairs stand one metre away from each other
- On the command go, one partner tries to tag the other one
- Keep changing roles

2. Star jump

- Start in a crouching position, hands by your ankles.
- Leap into the air throwing your arms and legs out, in a star shape.
- As you land, return the hands and the feet to the starting position
- Repeat the exercise three times

3. Back and side stretch

- Stand upright facing forward
- Raise your hands up towards the sky. Join your fingers and keep the elbow straight
- Bend back as far as possible, then slowly to one side. Hold the stretch for a few seconds
- Go back to starting position and change side.

Safety instructions

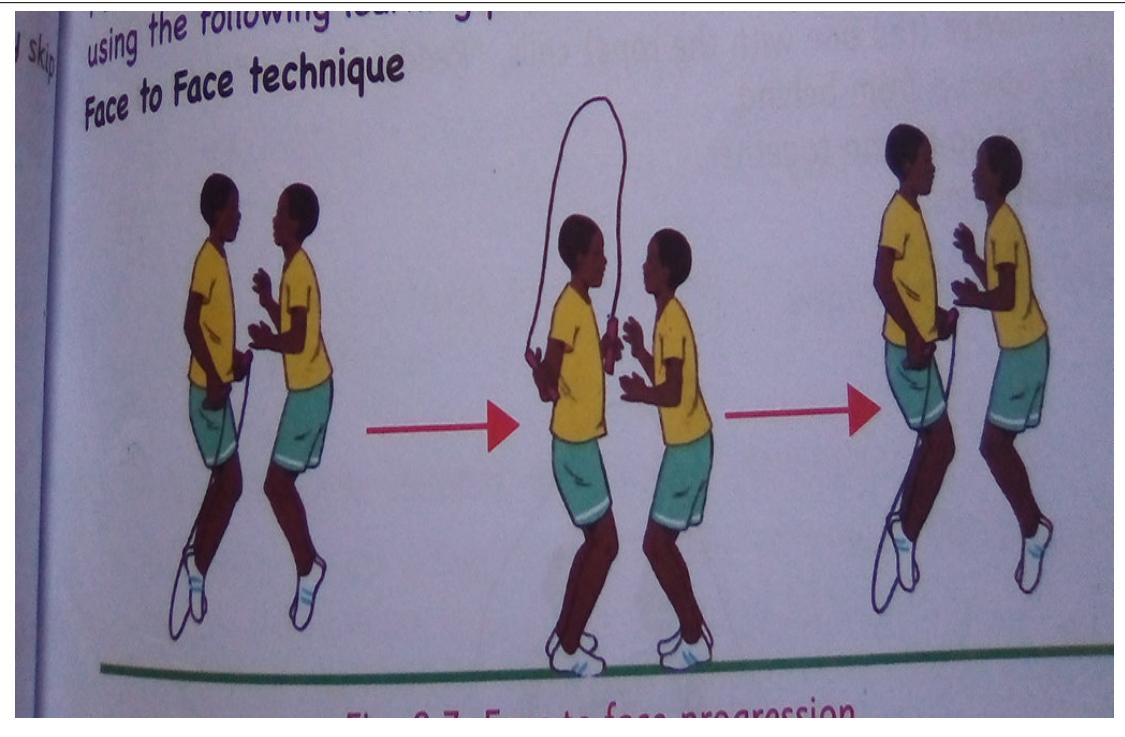
- Choose an appropriate rope
- Make sure you are skipping in an open, flat and safe space
- Maintain correct rope skipping technique
- Generate the rope rotation using the wrist. do not throw your arms wide

NOTE: During partner work

- Use a skipping rope that is slightly longer than your usual single rope.
- The partner with the rope during the face to face and back to back techniques should make larger arm circles than usual to include the other jumper.
- Remember to maintain the correct distance
- Try to keep the same rhythm and speed with your partner.
- Communicate with your partner.

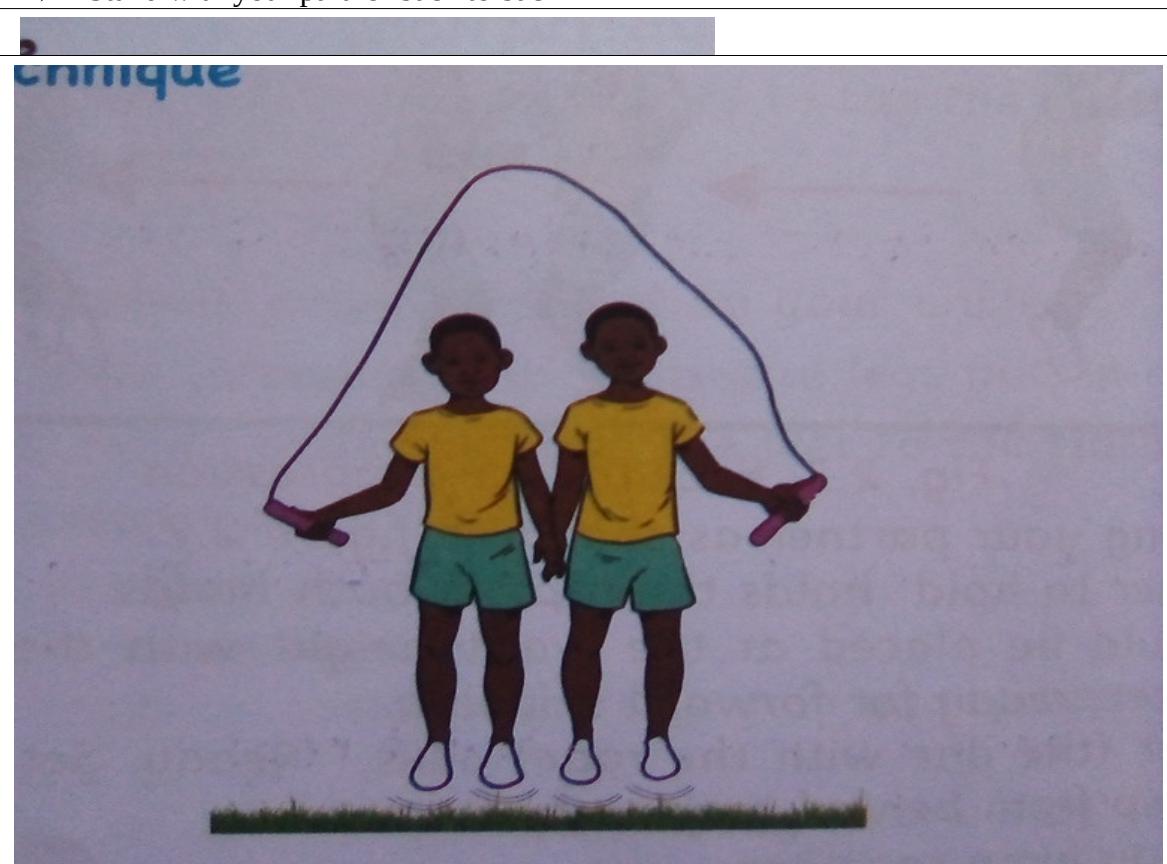
Learning points when performing face to face technique

- Stand facing your partner
- One partner to hold the rope in both hands
- Arms should be placed at the waist height with the rope behind the turners feet, ready for forward skipping.
- The turner (the one with the rope) calls, ready, set, go and swings the rope up from behind.
- Both of you jump together
-



Learning points when performing back to back technique

- Stand with your partner back to back



SOCER

Trapping - using the thigh

- **Trapping** involves receiving and controlling the ball in a soccer game
- **The thigh trap** is where a player controls the ball with the upper part of the leg between the knee and the hips; this part is called the thigh.
- The thigh trap is applied when the ball is below the chest level but high that it cannot be controlled using the foot.

Safety instructions

- Avoid pushing and kicking one another while playing.
- Wear appropriate attire while playing.
- Warm up before and cool down the body after the activities

Warm activity

- Jog around the marked area with moderate arm action and moderate knee lift.
- Chase and tag partners within the marked area.
- Knee raiser; from a standing raise your right and left knees in turns. Perform the activity for 20 seconds continuously

Cool down activity.

- Walk at a moderate speed swinging arms up and down.
- From a standing position, arms are raised up, stretching the body upwards breathing in deeply.

Learning points when performing the thigh trap



the thigh trap to a ball in flight

T



Safety instructions

- Avoid pushing and kicking one another while playing.
- Wear appropriate attire while playing.
- Use protective equipment like shin guards and chest protectors.
- Follow the instruction given by your teacher
- Maintain self discipline
- Warm up before and cool down the body after the activities

Warm up activities

1. Jog on the spot

- Start the activity slowly and increase the speed gradually.

2. Rhythtmical jumps

- Make jumps landing on the balls of the feet
- Start with jumping a low height and later a higher height
- The hands should contact the knees while jumping

3. Trunk rotation

- Start with the feet shoulder width apart and hands akimbo
- Rotate the upper part of the body by leaning backwards, leaning to the right side forward and then to the left side.

4. Half squats

- From a standing position, hands raised upwards, make a half squat maintaining upright posture.

Cool down activity

- Walk at a moderate speed swinging hands round.
- From a standing position, hands raised up, stretch the body upwards breathing upright posture.

Learning points when performing chest trap to a ball in flight

- Stand feet shoulder width apart.
 - Face the direction of the oncoming ball.
 - Arms extended forward with an open chest
 - Lean slightly backwards to cushion the ball on moment of contact
 - Recover to normal upright position after trapping the ball.
- OR
- Stand feet shoulder width apart facing the oncoming ball
 - The body should be positioned behind the flight of the ball.
 - The knees should be slightly bent
 - Elbows should be held away from the body and hands clear of the chest.
 - Bend at the waist and lean forward over the rising ball.
 - Withdraw the chest immediately after the ball is touched to cushion it back down your feet.

Trapping – using the sole

Trapping using the sole involves placing the foot on top of the ball while the ball is in play to prevent it from bouncing off or rolling away.

Safety instructions

- Avoid pushing and kicking one another while playing.
- Wear appropriate attire while playing.
- Follow the instruction given by your teacher
- Maintain self discipline
- Warm up before and cool down the body after the activities

Warm up activities

1. Jumping jacks

While jumping in feet apart and feet together rhythm, raise the hands up and sideways as feet open and close

2. Walking knee hugs

While walking hold one of your knees with both hands bringing it close to the chest

3. Leg swings

In a standing position and hands akimbo, swing one leg backwards and forward repeatedly.

Cool down activities

1. Seated forward bends

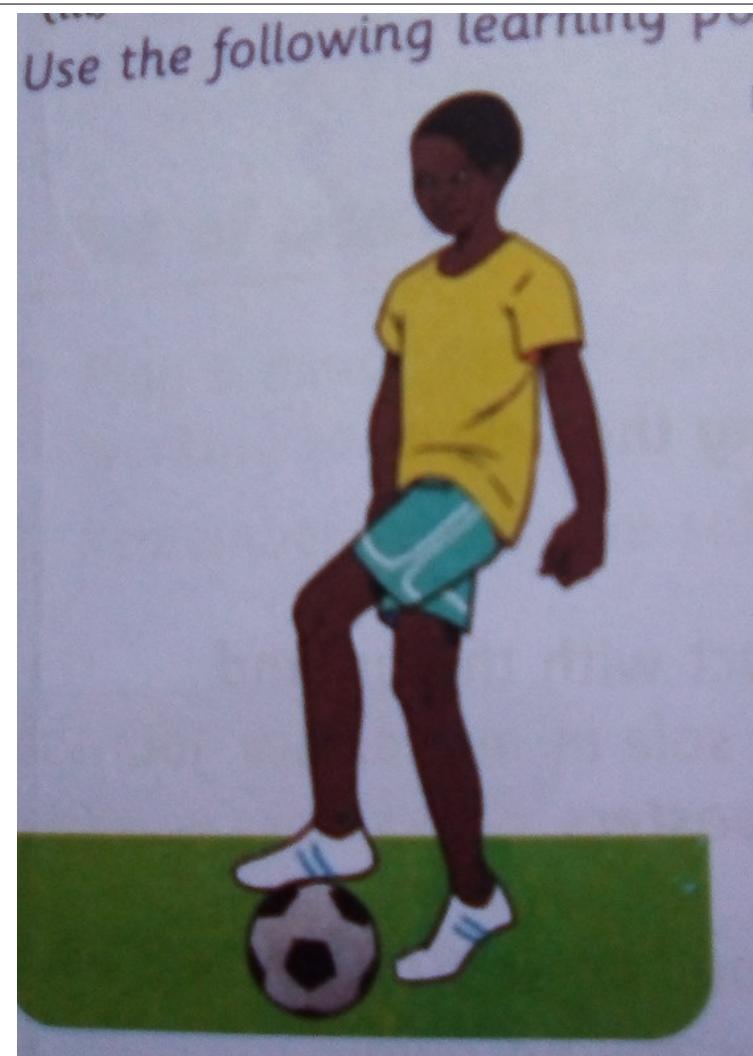
- Start from a seating position and with the feet together
- Bend forward slowly to hold your toes with your hands
- Recover to a normal seating position.

2. Body shakes

- Gently shake your right arm, then your left arm, and then both arms at the same time.
- Then shake your right leg, then your left leg.
- Next shake your head, your hips, and your whole body.

Learning points when performing trapping the ball with the sole

- Focus on the oncoming ball
- Hands should be slightly outwards for balance.
- The knee of the trapping foot should be slightly bend and the foot off the ground.
- As the ball makes contact with the ground, apply slight pressure on the ball with the sole to control it.



VOLLEYBALL

Skill in volleyball

1. Dig pass

- a. Single hand dig pass
- b. Two handed dig pass

Purpose of dig pass

- i. Receive a serve ball or spike ball
- ii. Set the ball for spiking/boasting
- iii. Pass the ball to opponents
- iv. covering

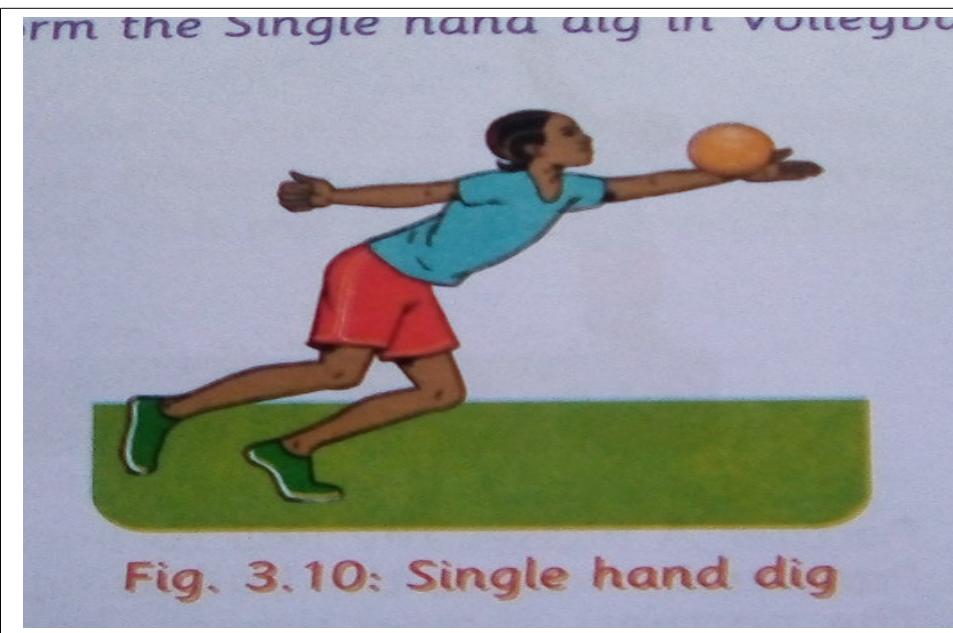
2. Service – it is an art of putting the ball into play

- a. Over arm service

- b. Underarm service
- c. Jump service

Single hand dig pass

- Is where a player uses one hand to receive or pass the ball.
- It is used when the ball cannot be reached with both hands



Safety instructions

- Ensure you warm up before any exercise
- Ensure the space is cleared of any hazards and risks such as rocks, sticks and items that can hurt you when playing

Warm up activities

1. High knee

- Hug lift your right knee to the chest and hug it tight as you take a step switch to the left knee.
- Players shuffle from the left to the right and back.

2. Knee raisers

From a standing position raise your right and left knees in turns.

3. Half squats

From a standing position, hands raised upwards, make a half squat maintaining upright posture

Cool down activity

- Walk at a moderate speed swinging hands round
- From a standing position, hands raised up, stretch the body upwards breathing deeply.

Learning points when performing single hand dig in volleyball

- Position yourself facing the direction of the oncoming ball
- Reach out to the ball and make contact with the forearm
- Follow through by ensuring the ball is directed to the intended receiver.

Over arm serve

- This is where the player tosses the ball with one hand and strikes it in the air above their head with the other hand so that it crosses the net and lands into the opponents side.

Safety instructions

- Perform thorough warm up before the activities
- Avoid congestion by maintain a safe distance from your peers.
- Follow instruction from your teacher and your peers.

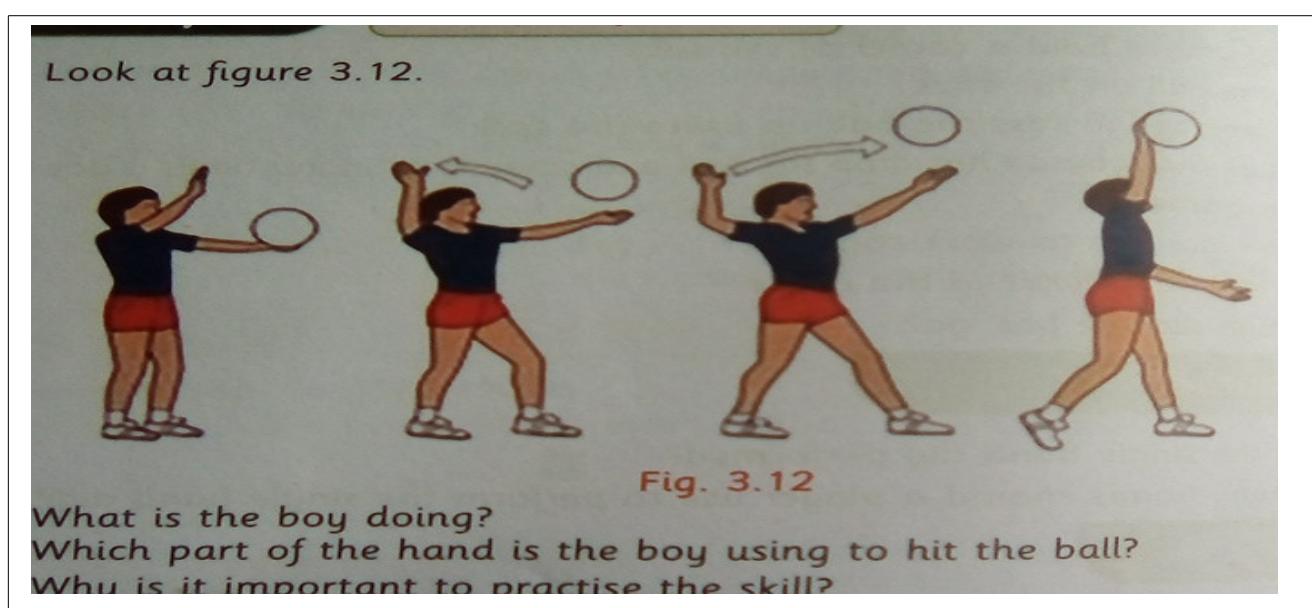
Warm up activity

1. Arm swings

- Swing arms clockwise for 30 seconds start slowly as you increase pace
- Arm swing anticlockwise fo 30 seconds. Start slowly as you increase pace
- Imaginary over arm serve. Pretend you are holding act tossing it up and down and hitting it with open arm

Cool down activity

- Walk at a moderate speed swinging hands round
- From a standing position, hands raised up, stretch the body upwards breathing deeply.



applying the rules of the game.

Safety instructions

- never fist hit the ball. You could hit someone in the face and cause injury.
- Do not throw the ball over the net, roll it under the net
- Do not swing on the post
- Do not go under the nets, always walk around the net.

Types of volleyball

1. Beach volleyball
2. Sitting volleyball
3. Field volleyball

Equipments

Ball, net, posts 2.5m, antennae, and player's jersey